

# Youth Sports Volleyball Rules

## Eligibility

4<sup>th</sup> & 5<sup>th</sup> Grade: JV League

6<sup>th</sup> Grade: Varsity League

7<sup>th</sup> & 8<sup>th</sup> Grade: Middle School League

*Players may only play on one team per week.*

## EQUIPMENT

Net height shall be six feet five inches. (6'5")

All divisions use official regulation leather volleyball.

Hair devices may be worn if made of soft material (rubber bands, hair-ties). **Players shall not wear jewelry** (ex: rings, necklaces, medals, watches, earrings, etc.). If a parent feels it is absolutely necessary that their child wear earrings, the ears/earrings must be taped and a medical release form must be signed by one or both parents. Forms can be obtained from the Site Supervisor.

## PLAYING TIME

Roster limit is 12 players. Minimum roster is 8 players.

All Divisions will use a continuous rotation of all players entering at the service position. This will be in place for the full length of the match.

## PRE-GAME

- A pre-game meeting with the coaches, officials and team captains will be held prior to the coin toss. Team line-ups must be submitted at this time. Line-ups from both teams, with player's first and last names and shirt numbers, **must be entered on the official score sheet 5 minutes prior to the start of the match.**
- The coin toss will determine who will serve/receive the ball. The HOME team listed first on the schedule (home team) will call the flip.

## GAME GUIDELINES

- Game time is forfeit time. Site Supervisor can grant a grace period, at their discretion.
- The coin toss will determine who will serve/receive the ball. The HOME team listed first on the schedule (home team) will call the flip.
- Volleyball team consists of 6 players: 3 back positions (left, center, right) and 3 forward positions (left, center, right). A team may start and finish the game with 4 players.

- Out of Bounds plays – a ball striking the ceiling or an overhead obstruction that remains on the side of the court with possession is playable. A ball that strikes the wall is immediately out of bounds.
- When volleying, a player may not contact or reach over the net, make successive contact (double hit), or play it twice in succession (not alternating). A team has 3 attempts or plays on the ball before it must cross the net.

## JV/VARSITY/MIDDLE SCHOOL MATCH

A match consists of the best 2 out of 3 games. However, all 3 games will be played (if time permits). A game consists of 25 points in rally scoring format. Teams must win by at least 2 points. All games will be rally scored, with a point allocated for every possession.

## TIMEOUTS

Each team is allowed 2 timeouts per game. Timeouts may be taken consecutively. Timeouts shall not exceed 60 seconds. Requests for a timeout shall be made by the coach and/or playing captain only during dead balls, but not after the referee has signaled for the next serve. Requests for additional timeouts shall be penalized. If a team has requested a timeout and none remain, a point/side-out is awarded to the opponent and the team will not be given the 60 seconds.

## SERVING

- JV 4<sup>th</sup>/5<sup>th</sup> grade division will serve underhand at a line 6-feet in from the regular service line. The Middle School and Varsity divisions may serve either underhand or overhand from the regular service line only.  
**\*All overhand serves must be open fist and served behind the regular service line\***
- All divisions will be allowed the let serve. A let-serve is a ball hitting the net and going over.
- **The server must wait for the official's whistle before serving the ball.** Only one team warning will be given. The second violation will result in a side-out (JV/V), point (MS). A server may not step on or over the service line until there is contact (by the server) with the ball. A served ball is dead if it touches the server's court, players or goes under the net or out of bounds. The server continues to serve until his/her team makes an error, commits a foul, completes the game or **makes five-successful consecutive serves**. When the serving team makes an error, side-out is declared and the serve goes to the opponent.
- After a side-out has occurred, each player rotates one position clockwise. If there are more than 6 players, the right front player exits the game and the new player enters the game at the serving position.
- **A set on a serve is illegal in our league.**

## VIOLATIONS

- Illegal substitution (during play or into an illegal position) will result in a side-out and/or point.

- Closed fist serve is illegal.
- Crossing the serving line during a serve is illegal.
- Closed, double fist hits are illegal.
- A let serve (ball contact with the net) is allowed. However, any contact with the net during play is prohibited and will result in a side-out or point. **In the judgment of the official, a foul will not be called if a player's hair or the force of the ball by the opponent pushes the net or it supports into a player.**
- Double hits, consecutive hits, kicking the ball, throwing and/or catching the ball are all violations.
- A player may touch the floor across the center line or it's out-of-bounds extension with one or both feet provided a part of the foot/feet remains on or above the center line. Contacting the floor across the center-line or it's out-of-bounds extension with any other part of the body is illegal.

**THE LEAGUE COORDINATOR HAS THE AUTHORITY TO INSTITUTE NEW RULES OR CHANGE OLD RULES TO MAINTAIN CONTINUITY OF THE OVERALL YOUTH SPORTS PROGRAM.  
HIS/HER INTERPRETATION OF THE RULES SHALL BE FINAL**